

# LINK INK

## Olmstead and How It Impacts You!

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The Olmstead v. L.C. ruling under the Americans with Disabilities Act by the United States Supreme Court in July 1999 has been interpreted to mean that states must provide reasonably accessible community-based alternatives for persons who are in need of and eligible for care in nursing facilities or other institutions because of age or disability.

At this time, the United States Department of Justice under the Obama Administration is aggressively moving to assure states are in compliance with this important decision.

At the Kansas Disability Caucus held in Topeka in August a challenge was submitted for Center advocates to assist consumers to submit Olmstead complaints.

If the consumer is eligible for Home and Community-Based Services at this time they have one of the following three choices:

1. Enter a nursing facility
2. Be placed on a waiting list of over 3,000 persons across the state
3. Do without needed services

**YOU HAVE RIGHTS!** You have the right to join hundreds of others who've already filed complaints with the United States Department of Justice against the State of Kansas.

The goal is that the filing of enough of these complaints will bring about positive change and increased opportunities for persons with disabilities to remain in their own homes with the supports they need.

If you have any questions regarding this or feel you may be eligible for Home and Community-Based Services contact Angie, our Information and Referral Specialist at 785-625-6942 or 800-569-5926.



Dr. Martin Luther King, Jr.: "Injustice anywhere is a threat to justice everywhere."

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**PCA Timesheets**

If you need any timesheets for 2011, please call and speak with Brenda. Large print is available upon request. Call 785-625-6942 or 800-569-5926.

*"Never regret. If it's good, it's wonderful. If it's bad, it's experience."  
– Victoria Holt*

**LINK BOARD of Directors Opening**

We are looking for individuals in the communities that we serve to be active Board members. If you are interested in being a Board member, please call Brian Atwell, Executive Director at the Hays LINK office at 1-800-569-5926 or 785-625-

**C**ommunity  
**A**ction  
**P**ublic  
**P**olicy  
**C**hange  
**A**gents

**CAPPCA MEETING:**

Held on the first Tuesday of each month.  
10:00—11:30a.m  
Conference Call#: 1-866-906-9888  
access code 24153195  
*October 4th*  
*November 1st*  
*December 6th*

The October Hamilton Relay, the Kansas Commission for the Deaf and Hard of Hearing and the Kansas Telecommunications Access Program is bringing a workshop to Hays on October 13th from 8:30am to 12:30pm in the Hays Public Library. This workshop will consist of presentations by the three agencies and cover a variety of technologies available to individuals with hearing loss. The workshop is free of charge and is open to anyone. If you would like more information please call Tim Anderson, TAP Coordinator, at 785-234-0200.



**Durable Medical Equipment**

Are you or someone you know in need of Durable Medical Equipment (DME) or have some you would like to donate? We have a high demand for wheelchairs (manual or power), bath benches, and transfer benches.

All equipment donated must be clean and in working order. A tax-deductible receipt will be given for individual or business donations if requested.

To learn more on how to access or donate to our Durable Medical Equipment loan pool, please call Bonnie at the Hays LINK office at 1-800-569-5926.



### **NCIL Action Alert: Fight to Save Medicaid!**

Two weeks ago, Congress passed the “Debt Ceiling Bill” and on Tuesday, August 2, 2011 President Obama signed it into law. Your outreach to Congressional Representatives put a STOP to the cuts to Medicaid!

But, as part of the Debt Ceiling Bill, there will be a “Super Committee of 12” responsible for reducing the deficit by at least \$1.5 trillion through 2021. This could have terrible outcomes for many of our brothers and sisters in the Independent Living community.

The Super Committee of 12 will be a Joint Select Committee (House and Senate) comprised of six Democrats and six Republicans. The party leadership will appoint the members of the committee. It will be responsible for producing a new bill by November 23 and the House and Senate must vote on this bill (with no amendments) by December 23.

The committee members are listed on the next page with their photo and phone number.

NCIL will do focused outreach to the Super Committee members, but it is imperative that *each state* do outreach as well!

If the committee does not achieve a goal of at least \$1.2 trillion in cuts or their work is not enacted by January 15, 2012, then the “triggers” would be implemented and spending would automatically be reduced by \$1.2 trillion over nine years. The Senate leadership vows that part of this committee’s work must be to discuss revenues and ensure that tax increases be part of the solutions. Many believe that this committee will propose cuts and / or policy changes to the entire “Entitlement Program,” consisting of Social Security – Medicare and Medicaid.

#### **NCIL asks the Independent Living Community to make a difference by doing the following 4 things:**

Visit your representatives (your congressional representative(s) and both senators) while they are home; attend their Town Hall meetings and let your voice be heard. Call their local offices and leave a message: “Please do NOT let the Committee of 12 destroy Medicare or Medicaid funding. This would be devastating to me and my community!”

Send letters and make calls to your representatives’ home district offices and DC offices to the media, including your local radio and television news channels.

Tell Your Story by outreach. Write Op-Eds for the local newspapers! Tell them how important Medicaid benefits are to you and to sustaining your livelihood. Let the public know what Independent Living means and that this funding is an important part of your freedom to live and work in your community.

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## How to contact your senators and representatives:

Online: Find a [senator](#) or [representative](#) in your state and click on their contact form to submit your letter.

Call the U.S. Capitol Switchboard at (202) 224-3121 and ask for your senators' and / or representative's office, or use the links above to find their direct phone number.

- Once connected, ask to speak with an office aide who handles budget and finance and / or healthcare issues. Give your name and identify yourself as a constituent. Tell the aide to *"Please tell Senator / Representative [NAME] that I do not want [him / her] to support the repeal of Entitlement Programs or support cuts to funding for Medicare and Medicaid."*

## The Twelve Members of the Debt Super Committee



**Sen. Patty Murray - (D-WA)**

Co-Chair

Phone: 202-224-2621



**Rep. Jeb Hensarling - (R-TX)**

Co-Chair

Phone: 202-225-3484



**Sen. John Kerry - (D-MA)**

Phone: 202-224-2742



**Rep. Xavier Becerra -**

Phone: 202-224-4254



**Sen. Jon Kyl - (R-AZ)**

Phone: 202-224-4521



**Rep. Dave Camp - (R-MI)**

Phone: 202-225-3561



**Sen. Max Baucus - (D-MT)**

Phone: 202-224-2651



**Rep. Fred Upton - (R-MI)**

Phone: 202-225-3761



**Sen. Rob Portman - (R-OH)**

Phone: 202-224-3353



**James Clyburn - (D-SC)**

Phone: 202-225-3484



**Sen. Pat Toomey - (R-PA)**

Phone: 202-224-4254



**Chris Van Hollen - (D-MD)**

Phone: 202-225-5341

*Call your legislators and create change that only you can lift your voice and have them hear, The individuals that their decisions impact*

## Parents of Children with Disabilities

Are you a parent who has a child with a disability or have a child that is getting ready to transition from school into the community? Are you unsure of the services available to your family? Call our Information and Referral Specialist at 785-625-6942 or 800-569-5926 to get the answers you need.

LINK is striving to connect parents and students with disabilities with resources in the community where you live. LINK serves 22 counties in Northwest Kansas and 15 counties in Southwest Kansas. Call today and get the information you are looking for to help you make informed choices for yourself or your family member.

LINK HELPING CONNECT YOU WITH RESOURCES IN YOUR COMMUNITY!

## **NEWS RELEASE SOCIAL SECURITY**

### **Social Security Field Offices to Begin Closing to the Public a Half Hour Early**

#### Congressional Budget Cuts Force Reduced Public Hours

Effective August 15, 2011, Social Security field offices nationwide will close to the public 30 minutes early each day. For example, a field office that is usually open to the public Monday through Friday from 9am to 4pm will close daily at 3:30pm.

“While agency employees will continue to work their regular hours, this shorter public window will allow us to complete face-to-face service with the visiting public without incurring the cost of overtime for our employees,” said Michael J. Astrue, Commissioner of Social

Security. “Congress provided our agency with nearly \$1 billion less than the President requested for our budget this fiscal year, which makes it impossible for us to provide the amount of overtime needed to handle service to the public as we have in the past.”



## **Announcing a new, on-going, Kansas Room Program: COMMUNITY PHOTOGRAPH SCAN DAY!**

Bring a few of your old photographs (up to 5) to the Kansas Room on September 24th between 9am and 3pm for our first Community Photograph Scan Day. We will scan them and load the scans onto a special flash drive for you to keep. The library will then add your photographs to our digital photograph collection.

Bring family photographs, photos of early businesses,

farms, homes, events, whatever you would like to have digitally preserved. It would be great if you had some information about the photograph, but if you do not, that is okay too. We can scan photographs up to 12x16 inches.

This will be an on-going program. Each month bring your flash drive back with more photographs to be scanned. The dates for 2011 are September 24, October 22,

November 19, and December 17.

So, check those albums and boxes in the attic for priceless photographs to preserve and share.

Hays Public Library  
1205 Main  
785-625-9014



## IN CASE OF EMERGENCY-ICE

### Fast Facts

- ICE, an acronym for “In Case of Emergency,” is entered into a mobile phone user’s address/contact book as the “In Case of Emergency” contact. ICE allows paramedics or police to be able to contact a designated relative/next-of-kin in an emergency situation.
- A person designated as the ICE contact should be informed that they are a contact and be informed of all relevant information for treatment such as allergies to medicine.
- More than 200 million mobile phones are in use today in the United States. Many people leave the home without identification, but nearly everyone, including teenagers, carries a mobile phone with them.
- The ICE Sticker was developed to serve as a visual alert that a person has an “ICE” contact available and has established a communication protocol. The ICE Sticker is available online at [www.icesticker.com](http://www.icesticker.com).

### Four easy steps to ICE Your Phone

- **CHOOSE** a responsible person to be your In Case of Emergency (ICE) contact. Record their contact information.
- **INFORM** your ICE that you have chosen them as your designated contact and provide them with information that may affect your treatment. Remember that acronym MAD or “M” “A” “D”.
  - ◆ Medicines-List all medicines you are currently taking, including herbal and organic supplements because they can and do interact with some medications
  - ◆ Allergies-List all known allergies, especially to medications, but also include food
  - ◆ Doctors-Include the names and phone numbers of doctors or other medical providers responsible for your regular care.
- **ADD** this contact as a new entry, with their phone number, in your mobile phone address book under the heading “ICE”. Example: ICE-William or ICE-Dad.
- **APPLY** the ICE Sticker to your mobile phone. This will serve as both a visual alert for and an invitation to emergency responders that you have established a communication protocol.

## **LIVES WORTH LIVING PREMIERES ON THE PBS SERIES *INDEPENDENT LENS***

**ON THURSDAY, OCTOBER 27, 2011 AT 10PM**

***Powerful Documentary Chronicles the History of America’s Disability Rights Movement***

***Lives Worth Living*** traces the development of the disability movement from its beginning following World War II, when thousands of disabled veterans returned home, through its burgeoning in the 1960s and 1970s, when it began to adopt the tactics of other social movements. It explores how Americans with a wide variety of disabilities banded together to change public perception and policy.

MOVIE REVIEW

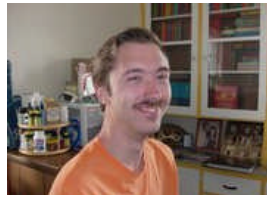
Title: Unknown

Rated: PG13

Cast: Liam Neeson, Diane Kruger, Aldan Quinn, Frank Langella and January Jones

Dr. Martin Harris who awakens after a car accident in Berlin to discover that his wife suddenly doesn't recognize him and another man has assumed his identity and just how far is he willing to go to uncover the truth.

This is one thriller you do not want to miss. It keeps you guessing till you puzzle it out for yourself. This is one high octane action movie. This is Liam Neeson's best performance ever. This is one action packed movie you have to see for yourself.



DVD Review by Holden Siroky

Screenplay By; Oliver Butcher and Stephen Cornell

Produced by: Joel Silver

Directed by: Jaume Collet-Serra



Recent Staff and Advocates at 2011 Disability Caucus

FIRST AID/ CPR TRAINING

Are you interested in becoming First Aid and CPR certified?

LINK is offering classes free of charge to consumers, their families and Personal Care Attendants (PCA). This is your opportunity to broaden your knowledge and skills for yourself, a family member or your PCA's.

This course is approximately 4 hours long. All materials are provided.

It will be offered in Northwest and Southwest Kansas.

If you are interested please call Bonnie Werth at 785-625-6942 or 800-569-5926.

This is an opportunity to learn a skill that will benefit you throughout your life.

Spotlight on Success



Linda Wildeman will be presented with an award through DSNWK for being independently employed in the community for 25 years. The award will be presented to her on Sept. 21st at the Ellis Co. Fair Grounds.



**LINK, INC.  
LIVING  
INDEPENDENTLY IN  
NORTHWEST**

2401 E. 13th Street  
Hays, KS 67601

NON PROFIT  
US POSTAGE PAID  
PERMIT NO. 99  
HAYS, KANSAS 67601

[WWW.LINKINC.ORG](http://WWW.LINKINC.ORG)

**LINK, INC. provides services in the following counties:**

CONTACT BONNIE WERTH, EDITOR,  
AT THE HAYS LINK OFFICE FOR:

•CHANGES AND/OR CORRECTIONS  
TO YOUR NAME, TO BE ADDED OR  
DELETED FROM OUR MAILING LIST  
OR IF YOU ARE RECEIVING DUPLI-  
CATE COPIES

•QUESTIONS YOU HAVE REGARD-  
ING DISABILITY RELATED ISSUES IN  
THIS COLUMN ANSWERED OR  
WOULD LIKE TO SHARE HELPFUL  
HINTS COPING WITH EVERYDAY  
TASKS.

785-625-6942

800-569-5926

2401 E. 13th

HAYS, KS 67601

BARTON, CHEYENNE, DECATUR, ELLIS, GOVE, GRAHAM, LOGAN, NORTON, OS-  
BORNE, PAWNEE, PHILLIPS, RAWLINS, RICE, ROOKS, RUSH, RUSSELL, SHERIDAN,  
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**2401 E. 13th, Hays, KS 67601**

**785-625-6942 V/TTY 800-569-5926 785-625-2334 FAX**

**505 N. Franklin, Ste. G, Colby, KS 67701**

**785-346-5865 V/TTY 877-346-5865 785-346-5260 FAX**

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